



'Bomb-like' devices discovered

Following the arrest of four men in relation to a weekend shooting of a Halifax taxi driver, a suspicious package was unearthed by police carrying out a search warrant on a Sambro Road home PAGE 3

TOO CLOSE FOR COMFORT

RIVALS AGREE TOO MUCH IS AT STAKE FOR VOTERS TO STAY HOME ON U.S. ELECTION DAY PAGE 8



HALIFAX

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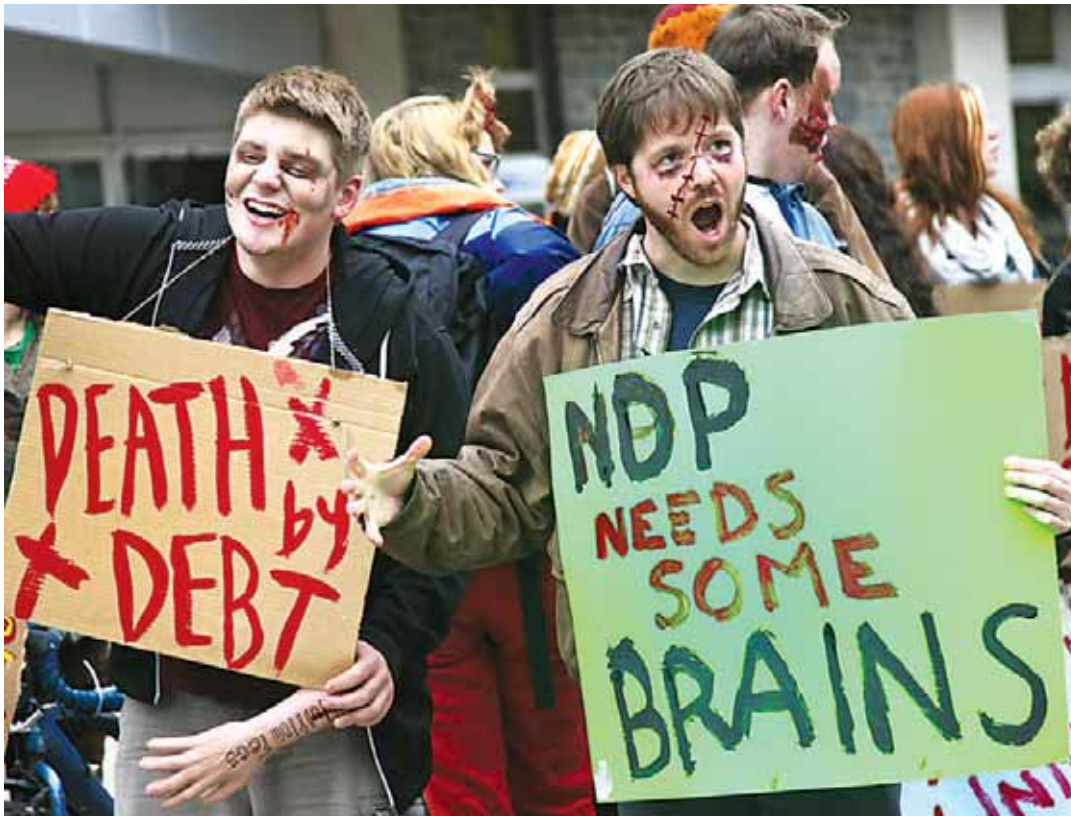
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Tuesday, November 6, 2012



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RISE OF THE UN-DEBT

Students at Dalhousie University and the University of King's College head out from the Dalhousie Student Union building dressed as zombies to participate in a protest dubbed Night of the Living Debts on Monday afternoon. The rally was against rising tuition fees and debt. Story, page 4. JEFF HARPER/METRO

Available: 1 former mayor

Next step. On eve of departure, Kelly not rushing into new career

Boxes of Mayor Peter Kelly's possessions have been shipped out of the big office in city hall in preparation for a new occupant.

Kelly himself will leave office for the last time on Tuesday, and says he's still not clear what comes next.

"I'm still out there looking to see what might come this way, applying for some jobs and people are reaching out on some things, but it's not at any stage of completion, that's for sure," Kelly said Monday.

Kelly says he'll hand the chain of office over to mayor-elect Mike Savage during the swearing-in ceremony Tuesday evening before ending his 27-year career in municipal politics.

During an extended sit-down interview with Metro Halifax, Kelly says he'll take some time to focus on his

personal life.

"People want to move on with their lives, and if things are not resolved, then it's not fair to everybody to leave them," he said, noting he and his wife have been separated for three years now. "So I guess to be fair, it's time to bring things to conclusion, finish off what needs to be finished off, and move forward."



Peter Kelly
PHILIP CROUCHER/
METRO

Kelly, who will be eligible for an annual municipal pension of roughly \$70,000, says he's not rushing into his next job opportunity.

"I'm trying ... to make sure that there's some opportunity for some long-term benefits both for me and for any position that I hope to take," he said. "I've still got 20 years left to go before I call it a day, I hope." **RUTH DAVENPORT/METRO**

See pages 6 & 7 for Q&A with Peter Kelly

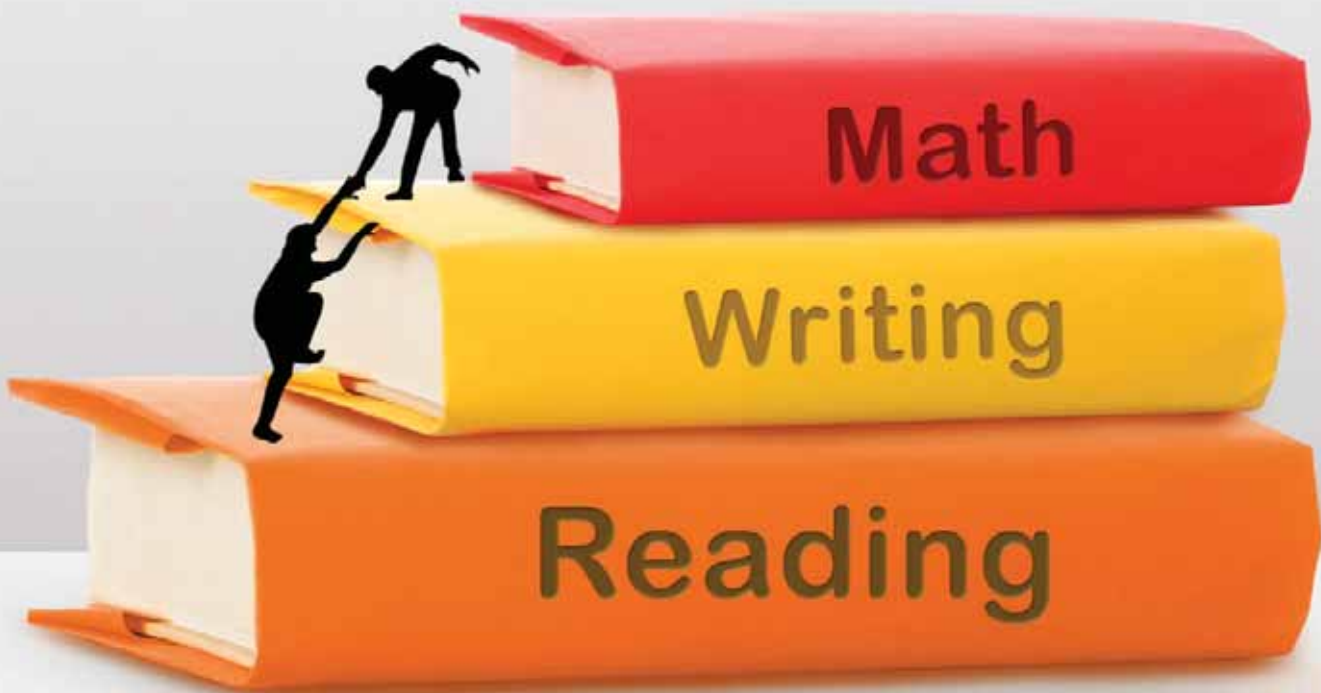


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Cape Breton

New info released in unsolved murder of woman

Cape Breton regional police are hoping a pair of Easton hockey gloves and a blue backpack with "Sydney 2000" and the Olympic rings inscribed on it will help solve the grisly murder of a 21-year-old North Sydney woman.

As a further incentive, the province announced Monday it is offering a cash reward of up to \$150,000 for information leading to the arrest and conviction of the person or people responsible for Laura Jessome's death, with the money coming from the Rewards for Major Unsolved Crimes program.

In a press conference Monday, Police Chief Peter McIsaac released previously confidential information on the unsolved murder to encourage the public to come forward.

Jessome, 21, was last seen alive on May 2 in the New Aberdeen area of Glace Bay, and her body was found in a hockey bag floating on the Mira River near Marion Bridge on May 25.

McIsaac said she was last seen in New Aberdeen with two suitcases, one with a floral pattern and the other believed to be black in colour, along with a blue laundry basket and a few smaller plastic bags containing clothing and personal belongings.

During a search of the Mira River area near where Jessome's body was found, police divers discovered a blue backpack containing a pair of hockey gloves. **CAPE BRETON POST**



Laura Jessome
FACEBOOK.COM



The explosives-disposal unit finishes checking out a suspicious package at 2427 Old Sambro Rd. in Williamswood on Monday. JEFF HARPER/METRO

Suspicious package shuts down street

Link to taxi-shooting case. A decision on charges for the four men arrested haven't been determined



ANDREW RANKIN
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Four men were arrested on Monday in relation to the weekend shooting of a Halifax taxi cab.

At least one of the suspects was living in the house where police unearthed "bomb-like" devices after carrying out a search warrant of the location on Old Sambro Road, neigh-

Explosives

- Sgt. Greg Mason, with Halifax police's explosives-disposal unit, said the devices had the potential to be bomb-like and they'll be disposed of safely.

bours say.

A suspicious package was deemed serious enough that a kilometre section of the road bordering the Williamswood home was closed for several hours while a team of RCMP and Halifax Regional Police officers with the explosives-disposal unit worked to remove the devices.

With the help of two police

robots, the items were finally removed by about 1:45 p.m.

A few hours later, police announced that four men in their 20s had been arrested in relation to a shooting on Saturday that targeted a taxi. Police said two other warrants in Halifax were executed as well.

Police spokesman Const. Pierre Bourdages wouldn't say how many were arrested specifically at the 2427 Old Sambro Rd. location. He also wouldn't say how police came to make the arrests or if they had located the passenger inside the cab who fled the scene after the shooting on Robie Street near McCully Street.

"I can't comment on the passenger situation at this time," he said. "Hopefully I'll

be able to tell you more (Tuesday) morning, but at this time I can't comment on it."

Bourdages repeated again that he couldn't comment when asked directly if the passenger was one of the four arrested.

About a dozen Williamswood residents watched while police crews removed the devices from the home on Monday. Several of them, who wouldn't identify themselves, said two men in their 20s occupied the home and there was a high volume of traffic coming and going regularly from the residence.

One woman alleged that one of the residents is a known drug user and troublemaker in the community.

1 NEWS

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In court. Trial begins for man accused of 'sleep watcher' incidents

The trial has begun for the man accused of several incidents tied to Halifax's infamous "sleep watcher."

Barry Edward Sinclair, 51, is facing two charges of break-and-enter and five of voyeurism related to cases dating back to August 2005.

Sinclair was arrested more than a year ago and has been in custody ever since.

Two Halifax Regional Police forensic technicians took the stand Monday morning for the trial at Nova Scotia Supreme Court.

Det. Sandy Johnston testified about DNA swabs and fingerprints taken from the scene of a home invasion on South Street in September 2011. Johnston told the court she'd collected a total of seven swabs, three of which were sent to a private lab for detailed analysis — but results could not be matched definitively to the "known sample" taken from Sinclair.

Johnston said she was also unable to collect usable fingerprints from the scene.

Det. Const. Andre Habib was second to take the stand. Habib testified along similar



Barry Edward Sinclair is facing two charges of break-and-enter and five of voyeurism. METRO FILE

lines about a break-and-enter on Shirley Street.

Habib said he saw distinctive "swipes" on a window identified as the point of entry, but couldn't take usable prints. No usable fingerprints or shoe prints were recovered from inside the home.

Habib identified Sinclair in court as the man who had been arrested in connection with the break-in late on Sept. 15.

Several incidents involving a man entering women's homes to watch them sleep have been reported in the city's south end, going back to 2003.

The trial is expected to last all week. RUTH DAVENPORT/METRO

Zombies moan against rising university tuition



Students walk down University Avenue on the Dalhousie University campus on Monday dressed as zombies to protest student debt and rising tuition fees. JEFF HARPER/METRO

Frightening fees. Halifax students get gruesome in protest

Rebecca LeBlanc didn't want to, but says she had to leave her protesting zombie buddies Monday afternoon to apply for another student loan.

Already bogged down by a \$10,000 debt she acquired after a one-month university stint six years ago, the 24-year-old is bearing down for a four-year journalism degree at the University of Kings College.

She knows she'll be paying the price for it too.

But she didn't hesitate to join about 30 students from her own school as well as Dalhousie University and Nova Scotia College of Art and Design for the Student Zombie Walk.

Their gruesome costumes symbolize what they call a resurrection of students killed by crushing debt.

The zombies marched from their campuses to collectively meet at Camp Hill Cemetery,

moving on to Spring Garden Road, ending at Old Burial Ground.

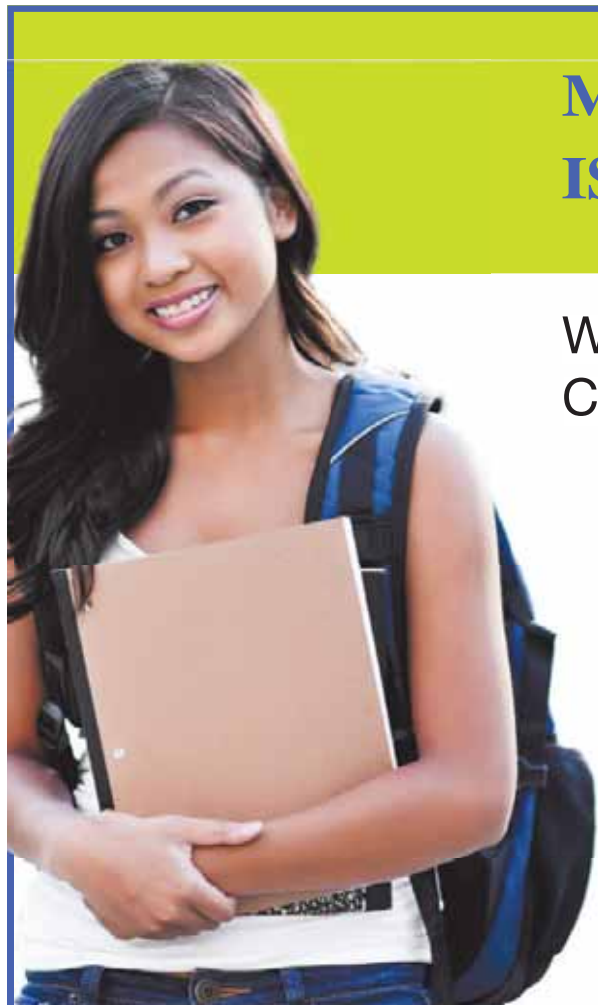
"By the time I graduate, I'm going to be saddled with tens of thousands of student debt," said LeBlanc, a few minutes before leaving the protest for the student loan office on Spring Garden Road. "The cost of education has never been higher, and less and less people are getting good-quality jobs."

Organizer John Hutton heads the Reduce Fees, Drop Debt! campaign for the Dalhousie University Student Union. He said the group is calling on the government to freeze tuition, a move which he estimated would cost \$30 million.

He said on the surface the event may appear to be funny but says it's part of a larger, growing revolt against government cutbacks to education.

"You can see what's happening in Newfoundland and Quebec," said Hutton. "People are listening. Progress is being made. We will continue with out teach-ins and demonstration."

ANDREW RANKIN/METRO



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Justice. Province wants to execute search warrants in other provinces for minor offences

Nova Scotia is seeking the authority to conduct search warrants in other provinces for summary offences such as speeding and workplace safety infractions, the province's justice minister says.

Ross Landry said his province would become the first in Canada to seek to gather evidence from other provinces that is connected to cases in Nova Scotia under legislative changes proposed Monday.

However, Landry said other provinces and territories would have to sign reciprocal agreements in order for Nova Scotia's changes to take effect.

"We see this as a gap in the system and we are trying to bridge this difference," said Landry.

Landry said although no agreements were imminent, the province is seeking willing partners.

Peter Craig, a senior Crown attorney with the Nova Scotia Public Prosecution Service, said the Uniform Law Conference, an

Quoted



"We've laid down the foundation for legislation and that will allow us to partner with other provinces."

Justice Minister Ross Landry

organization that seeks to harmonize laws between provinces and territories, is helping in that regard.

Craig said while cross-jurisdictional problems do arise occasionally with summary offences, it's an issue that is hard to quantify.

"I think what you are seeing here is Nova Scotia being proactive in anticipating more frequent inter-provincial commerce and companies and individuals doing business in Nova Scotia," said Craig.

THE CANADIAN PRESS

ACOA. Shipbuilding project will offset drop in grants, minister says

The minister of the Atlantic Canada Opportunities Agency says the multibillion-dollar federal shipbuilding project in Halifax will help offset a \$78-million drop in grants.

Recently released public accounts data say transfers from the agency dropped to about \$236 million in 2011-12 from nearly \$314 million the year before. But Bernard Valcourt says the federal government continues to invest in the Atlantic provinces despite the dip in grants. Valcourt says the shipbuilding deal will create thousands of jobs and its benefits

will extend far beyond Halifax, which won the lion's share of the \$35-billion shipbuilding project last year.

Under its \$25-billion deal, the Irving Halifax shipyard will build 21 combat vessels.

ACOA is facing budget cuts totalling more than \$17 million over the next three years.

Valcourt was in Halifax Monday as Ottawa, the Atlantic provinces and tourism industry associations announced they will spend \$19.95 million over the next three years in an effort to boost tourism in the region.

THE CANADIAN PRESS



Defence Minister Peter MacKay, right, chats with HRM mayor-elect Mike Savage after an announcement for the Atlantic Canada Tourism Partnership initiative in Halifax on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Mammography

Province's mobile breast-screening program reduced

Nova Scotia's mobile breast-screening program will be reduced from three mobile mammography units to one beginning in January.

Health Minister Dave

Wilson says a technology upgrade to digital mammography in the one mobile unit and at 11 hospital sites across the province makes the change possible.

The Health Department says the remaining mobile unit can screen more people in a quicker fashion because its digital technology reduces wait times for images from minutes to 10 seconds. Officials say although the number of stops will fall from 50 to 29, the mobile unit will still target areas in the province that are difficult to access. They say the new route for the mobile unit will see it cover about 98 per cent of Nova Scotia.

THE CANADIAN PRESS



Dave Wilson
METRO

Sydney tar ponds

Judge reserves decision on appeal of lawsuit

The lawyer for plaintiffs who've launched a lawsuit over Cape Breton's notorious tar ponds says a judge has reserved his decision on whether to hear an appeal certifying the class-action.

The plaintiffs are seeking compensation for property damage and exposure to industrial toxins from decades of contaminants spewed from the former Sydney Steel Corp. plant, as well as funds to establish a medical monitoring program. THE CANADIAN PRESS

Sexual assault

N.S. man sentenced to 30 months

A Nova Scotia man has been sentenced to 30 months in prison for sexually assaulting a 13-year-old over a yearlong period in Pictou County. Earlier, the man pleaded guilty to one charge of sexual assault.

Nova Scotia Supreme Court heard the crimes began in December 2005.

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PHILIP CROUCHER/METRO

PETER KELLY

Peter Kelly sits down with Metro Halifax for a relatively candid interview as he leaves behind a municipal politics career that spanned close to three decades.



RUTH DAVENPORT
ruth.davenport@metronews.ca

In a final interview on the eve of his departure, Mayor Peter Kelly sat down with Metro to talk about the ups and downs of his three terms as mayor of HRM, offering a rare glimpse at the toll the job has taken on his personal life.

You've been in politics for 27 years, and 12 of those as mayor. So how does it feel to be calling it a day?

It feels like it's time to be handing over the chain, and certainly I have no regrets. It's a career that has brought a lot of opportunity, certainly a lot of education but also some other challenges. The impact on family life is immense.

How would you say your first nine years in office balance out against the last three, thinking of the cash for concerts scandal, the eviction of Occupy, and most recently the Mary Thibeault estate?

Nobody's perfect, and I certainly have learned from the process and the events. For Occupy, although again I supported what they did, I just had issues with the way they were doing it, so that

one was dealt with as best as it could. The other two are certainly learning opportunities and I certainly have learned from both.

In your first answer, you said you have no regrets, but my next question is, what, if anything do you regret?

I think it would be balance in one's career. Again, when you're sleeping on the floor, that's certainly a signal that maybe the balance is not there, but it's easy just to throw down a cushion and blanket and away you go.

Is it possible that being so

Online

For the full-length interview, which includes Mayor Kelly's thoughts on his legacy and restructuring to eliminate some financial redundancies in HRM, visit metronews.ca.

entrenched in work, did that distort your focus? Is that part of what led to cash for concerts, trying to make sure everyone got —(interrupted).

The personal side, it certainly changed that focus. I mean, the job is all I did, just job, job, job, job, job. Anything else became secondary. The kids certainly, um, suffered through my years in

politics and certainly, one that I, (pause) I guess, for them, have some (pause) understanding or some (long pause) reasoning that that could have been certainly different or could have been done a bit better. With three kids, it certainly keeps you ... (pause).

That's a full time job in and of itself.

Yes. Being here for the time frame and putting in the hours, certainly they did without at home quite a bit.

So over to more positive things now, tell me about your proudest moment?

We achieved harbour cleanup — minor setback, but since then things are going extremely well. Africville, an apology should have been given out a long time ago, but again, came to a conclusion. And Cogswell. We just called the proposal to have it removed, so you'll see that connection of the north to the central, rather than a break with this structure

that should never have been there in the first place. So it's not just one thing, it's a continuum of achievements.

But do you have a moment when you thought, 'This is it. This is why I wanted to be mayor, this is what I wanted to do.' You, individually.

I remember after the election in 2000, driving home from downtown and going over the bridge and seeing the landscape of Dartmouth and Halifax and beyond, certainly it was just hard to believe. But just the acceptance, of connection with the public, I guess the one moment that came truly would be during Hurricane Juan, when I felt proud of the community: Working together, helping each other, neighbour helping neighbour, getting to know each other.

What's one thing you would say, having been in the mayor's chair for the last 12 years, what's the one thing that council needs to improve on to be better public servants?

My whole mantra is to stay away from personalities and deal with the issues, and you'll move a long way. But sometimes we get involved with personalities and it diminishes the professionalism of council.

Similarly for residents, what's one thing they need to do in terms of their job as citizens?

You have a great stake in what goes on, so certainly bring your issues to the councillor, to the mayor, whoever you need to make sure they're heard, and certainly people need to respond.

Are you going to be one of those citizens now who comes to all the council meetings and public hearings to be a thorn in the side of council?

(Shakes head emphatically.) I think the people, the public have spoken. They've chosen and you have to respect their choosing. The public's never wrong, and they have selected whom they believe to carry forward, and I will watch from afar, but I will

Working overtime

"When I first was in the food business, it was 105 hours a week sometimes. This job was only up to 95 hours a week, so I've cut back a little bit."

Mayor Peter Kelly

not interfere, that's for sure.

So when that marble tablet gets engraved in the entrance hall, 2000-2012 Peter Kelly, what would you want people to look at that and remember, say, 'He was the mayor who' ... what?

Of the people. Hard worker, put in a lot of time, but put in of his own free will, so I guess I want it to be known, as others have said, the people's mayor or a mayor of the people.

How did you picture yourself leaving office? Is

this how you wanted it to happen?

Every politician has a shelf life with an expiry date, and I've always said it's best to choose your own expiry or your own shelf life, so not leave because you're told to leave, but leave of your own accord, so I'm glad I'm leaving of my own accord.

What role did that article in the Coast about Mary Thibeault's estate play on your decision to leave? It seemed there was a connection in terms of the timing. Again, when things hang

in the air for a long time, the marriage — we've been separated for three years now, that's been hanging in the air, and other things at home have been hanging there. So at some point you have to stop letting them hang and resolve them. So (the article) probably played a role, but the biggest piece was the family role and to be fair to the family.

You've talked quite a lot about the toll this job has taken on you personally. Has it been worth it?

I have no regrets. I take full pleasure in being able to serve the public. I am humbled that they've allowed me to serve for them, and certainly (that's something) that I take full acknowledgement (of). That I was able to give something back over the years.



Peter Kelly had many memorable photos taken during his time as mayor, including when he dressed up as one of the Beatles along with Premier Darrell Dexter in anticipation of the 2010 Paul McCartney concert in the Halifax Common. METRO FILE

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NOVA SCOTIA



Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided vot-



Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station for Election Day. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

ers left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different

outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for vic-

tory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more

day!"

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday.

THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

MICHELLE CASTILLO/
METRO WORLD NEWS

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Big tobacco denies 1950s pro-smoking conspiracy

Recouping health-care costs. Every province except Nova Scotia has filed similar lawsuits

Two big foreign-owned tobacco companies asked Ontario's top court Monday to dismiss a \$50-billion lawsuit launched against them by the provincial government.

Lawyers for British American Tobacco and R.J. Reynolds Tobacco Co. argued they should not be included in the legal action if the Appeal Court lets the case proceed.

They said the lawsuit is based on a false theory that the companies conspired in the 1950s to withhold information from Ontario smokers about the harmful and addictive ingredients in cigarettes.

The companies contend there is no evidence that a conspiracy ever took place or that they specifically targeted Ontario. British American Tobacco notes it did not exist until 1997.

Ontario launched a lawsuit

The argument

Both companies claim the government has also manipulated laws related to smoking to help it with its court action.

- "Ontario has unilaterally designed the very legal garb which will determine the locus of the claim and seeks to rely on its statute and pleading as the basis for a real and substantial connection," according to the documents.

against 14 tobacco companies in September 2009 in an effort to recoup past and present health-care costs related to smoking. The province claims the corporations should be on the hook for billions of dollars because they misrepresented the risks of smoking, did not take steps to reduce the effects and marketed cigarettes toward children and teens.

THE CANADIAN PRESS



17th century anti-hero, now a cyber-icon, honoured in England

Members of the Lewes Bonfire Society parade through Lewes, southern England, on Monday, as part of their bonfire night revels celebrating the unsuccessful attempt to blow up the House of Lords by Guy Fawkes and others in 1605. There were fireworks and bonfires throughout much of England to mark the anniversary. The cyber-rebel group Anonymous draws much of its iconography from the story of Fawkes, and the anti-hero's ghostly white mask is a staple of the online movement's demonstrations. GARETH FULLER/PA/THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. THE CANADIAN PRESS

Feds, province pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. THE CANADIAN PRESS

Remembrance pay

New \$20 bill honours soldiers

On Wednesday, the Bank of Canada will begin circulating a new \$20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.



The front and back of the new \$20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. THE CANADIAN PRESS



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Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing \$128,000 from two rural parishes where she worked. Sister Mary Anne Rapp is a member of the Sisters of St. Francis, based in Lewiston, north of Buffalo.

THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water.

METRO IN OTTAWA



An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

U.S. election

Sask. premier Wall weighs in

As Americans take to the polls today, Saskatchewan Premier Brad Wall says the next president of the United States must endorse free and fair trade between Canada and the U.S. Wall also noted the next president should also endorse the \$7-billion Keystone XL pipeline, which President Obama rejected in January of 2012. THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

A matter of time

Monday's announcement came after years of scandal that, over time, inched uncomfortably close to the mayor. Tremblay's one-time closest associates have either been slapped with criminal charges or been accused of corruption at an ongoing inquiry.

He insisted he was unaware of corruption in his administration and learned about it after the fact, saying Monday that he felt betrayed by the people who had abused his trust.

Tremblay cast himself as a victim of wrongdoing.

"My father always told me not to go into politics because it was dirty and people would destroy me," Tremblay said, adding that his love of Quebec and Montreal drew him to provincial and municipal politics over a 25-year career.

"I dedicated myself fully to the success of Montreal — with Judeo-Christian values of charity, solidarity, integrity, respect, openness." THE CANADIAN PRESS

Montreal Mafia. Alleged mobster's murder could rekindle ongoing war

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his

home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

THE CANADIAN PRESS



Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIOWZ/THE CANADIAN PRESS



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Canada

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Vancouver Air + 3 Nights from **\$759**
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Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it has suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for \$2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI President Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA.

THE ASSOCIATED PRESS



Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Black Friday. Malls battle cross-border shopping

Some of Ontario's biggest malls are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada have been increasingly under competitive pressure from Black Friday deep discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government relaxed cross-border shopping rules in June. THE CANADIAN PRESS

Air travel

WestJet's load factor hits record

WestJet Airlines flights flew 81.2 per cent full in October — the fourth month in a row of record high load factors for the Calgary-based company. Traffic increased 5.9 per cent from last year while capacity grew 0.9 per cent. WestJet said it flew 113,000 more passengers in October than a year ago.

The results "easily outpaced the previous October load factor record of 78.1 per cent set in 2007," stated CEO Gregg Saretzky.

THE CANADIAN PRESS

Photo-sharing app

Instagram heads to the web

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days.

Previously, user profiles existed only on Instagram's mobile applications accessed on the iPhone or Android devices. Now, users will have a site with a profile photo, bio and a selection of snapshots.

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Market Minute

DOLLAR
101.34¢
(-0.70¢)

TSX
12,352.78 (-27.63)

OIL
\$85.65 US (+\$0.79)

GOLD
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Natural gas: \$3.57 US (+2¢)
Dow Jones: 13,112.44 (+19.28)

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MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO



SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class

seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as *Here Comes Honey Boo Boo* and *My Big Fat Gypsy Wedding* establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

issues around poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage of an opportunity. Are *Honey Boo Boo*'s redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars, and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the 'sketti' and hair spray is starting to leave a bad taste in my mouth.

Mud on your face, but no big disgrace



CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally-dressed tribespeople with head wear made of clay, line up to greet the Prince of Wales and his wife Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. **METRO**

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. **METRO**

Speaking local tongue



"Mi bringim bikpela tok hamamas bilong mejesti

kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

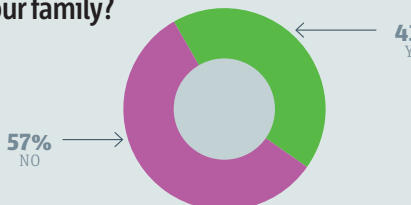


Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB



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Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@Allisomething: This musky water is completely unacceptable. It tastes bad & my skin is sore. -a tap water lover #Halifax #hrmpoli #nspoli

@KristiColleen: Apparently downtown Halifax thinks it's Christmas.

@katiemacpr: @metrohalifax great front page article on Christmas, but there should have been more focus on

waiting until Nov. 11, its being ignored

@mrsrazycakes: @metrohalifax it should be a law that no Christmas decorations can go up before Remembrance Day. It's ridiculous!

@cgmanley: Mmmm left-over curry from Curry Village in Halifax is amazing! Glad we took our cooler over for leftovers.

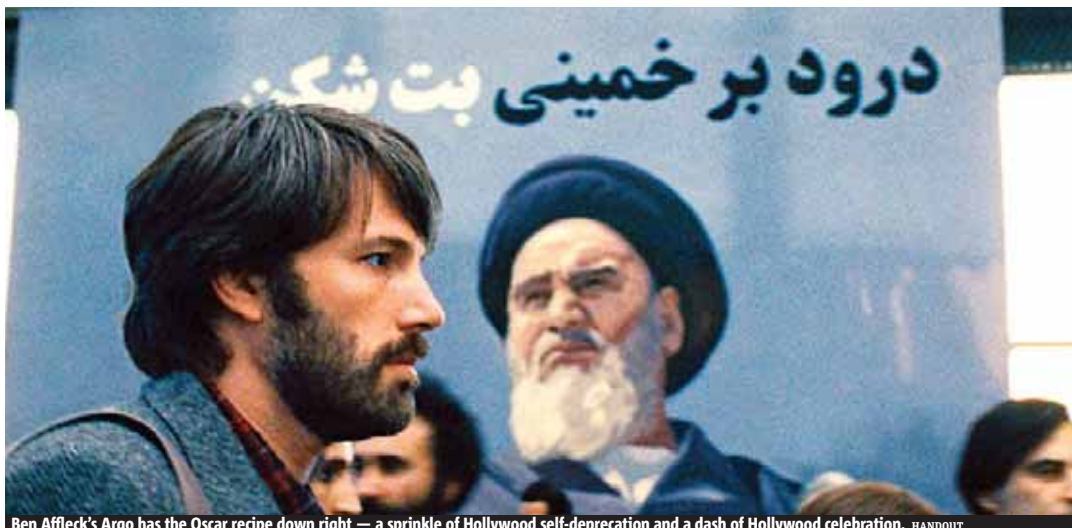
The movies that deserve some love from the golden statuette

Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations



NED EHRBAR
Metro World News in Hollywood

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.



Ben Affleck's *Argo* has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether

audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, *Cloud Atlas* — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by *Inception* in 2011 and *Hugo* in 2012.

Les Misérables

If it's about crowd-pleasing, this may give *Argo* its stiffest competition. *Les Misérables* features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if *Lincoln* was built in an Oscar bait lab. Of course, that's how Spielberg's *War Horse* appeared last year until people actually saw it. The difference is that *Lincoln* is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for *Argo*. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou

dweller's battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (*The Fighter*) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame *The Dark Knight Rises* didn't live up to its pre-

On the other side...

Animated films vie for Oscar glory

Brave, *Wreck-It Ralph* and *Rise of the Guardians* are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' *The Lorax*, *Frankenweenie*, *Ice Age: Continental Drift* and *ParaNorman* are among the high-profile movies vying for one of five nominations.

THE ASSOCIATED PRESS

decessor, or it might be on the Academy Award nomination list instead.

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Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the

spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."



Amanda Bynes

Bynes: I wasn't naked at the fake 'n' bake

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy,"

Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Britney Spears: The blond Jane Austen

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to

write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what! But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.



Sharon Osbourne

Osbourne has double mastectomy to ward off future illness

Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't

even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

Twitter



@rihanna

Man my album is complete, and I need a f---ing drink and a roll up! It was quite the journey, but it's all part of our story!



@JimCarrey

In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCour.



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my twitter was hacked, please ignore the last tweet.



@kevin_nealon

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Staying winter wonderful

Personal care. Do you have flaky skin, a voracious appetite and zero motivation to hit the gym? You're not the only one

ROMINA MCGUINNESS
Metro World News

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?

Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration.

And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it

Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't



Look familiar? CONTRIBUTED

rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?

You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it

"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein

shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands

Top 3 winter investments

1 Performance workout gear:

Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.

2 A humidifier: The heat coming out of heaters can really dry out your skin, but this will help put the moisture back into the air.

A humidifier can help put the moisture back into the air.

3 A set of dumbbells: So you can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

A set of dumbbells can help you train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

of extra calories. Therefore, that second chocolate bar doesn't count. Then why are you struggling to zip up your jeans?

What's going on?

During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it

"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

3 TIPS

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James Reid (survivor) and his little brother Martin, Shippagan, NB

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Prostate Cancer Canada. 'We want to eradicate prostate cancer. That is the goal.'

GILBERT
NDIKUBWAYE
life@metronews.ca

An estimated 26,500 Canadian men are diagnosed with prostate cancer in 2012. Of that number, 4,000 will die.

Those are worrisomely staggering numbers. But at Prostate Cancer Canada (PCC), the hopes are still high that this disease, the most common cancer among Canadian men, will eventually be stamped out.

"We want to eradicate prostate cancer," said Dr. Stuart Edmonds, chief scientific officer at PCC. "That is the goal, and I think we are making progress to that goal. So we have to make sure that we are investing in the right projects to be able to do that."

Edmonds said they have been registering great progress in reducing the number of



There has been a lot of treatment generated through research. ISTOCK IMAGES

deaths caused by prostate cancer over the years.

PCC is supporting various research projects aiming at getting better diagnostics for prostate cancer and as a result, there is an increase in survivor-

ship, he said.

The other aspect of research, he said, is directed at dealing with the side-effects of treatment to prostate cancer.

These side-effects include erectile dysfunction, loss of fer-

tility and side-effects of chemotherapy.

"It can be very tough for men to experience," he said.

These research programmes are geared at supporting guys who are on their journey to post treatment.

Some of the treatment procedures for prostate cancer can be challenging too, he said, citing surgery as the main treatment.

He said it requires a lot of attention and care to treat prostate alone and actually not damaging another tissue around it.

He added that there has been a lot of good treatment that has been generated through research, seeking to take care of the prostate much more effectively.

That is the case for robotics or image guidance surgeries (using image to detect where the prostate begins and ends) and radiation therapy.

Despite all the progress in research, Edmonds acknowledged that a lot still needs to

Online

For more information on prostate research or to make a donation to research, visit moverember.com

be done in the fight against prostate cancer.

"I think there is still a lot we need to know; I think we don't know enough about the cause of prostate cancer, and so preventing it is challenging without knowing the cause," he said.

PCC funds research projects from various universities and hospitals across the country.

The selection of research proposals to fund is done through rigorous parity process headed by experts.

"We want to make sure that we fund the best research," he said, adding that the proposals need to be seen as having the potential to make the greatest impact on prostate cancer.

Best Health

Know the risks of prostate cancer



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health magazine, on newsstands now, we have a special section for men, and a guest column by Dr. Chris Watt, a B.C.-based doctor and sports medicine physician.

He explores many aspects of prostate cancer, including help for figuring out who is most at risk. Watt says there are two types of risk: avoidable and unavoidable.

Avoidable risk factors

Poor diet and lack of exercise. To mitigate those, eat less saturated fat and get more fibre into your diet. Exercise more and maintain a healthy body weight.

Unavoidable risk factors

Age (most prostate cancers are diagnosed after age 65) and ethnicity, says Watt, are two unavoidable factors.

"The disease is more common and more fatal in black (people), less common in white (people) and the least common in Asians."

Family history is another. Risk is much higher if you've had two or more relatives diagnosed, and particularly high if your father or brother was diagnosed younger than 65.

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Jazzed-up rice pilaf gives side dish main event status



ROSE REISMAN
for more, visit
rosereisman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile.

I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey.

Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic together in a small bowl. Pour the dressing over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health solutions

Get squashed this winter



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish. The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and

acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

• 23 per cent of your fibre needs

• 214 per cent of your vitamin A needs

• 33 per cent of your vitamin C needs

• 14 per cent of your potassium needs

For a fun option bake spaghetti squash whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta? **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice



YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a startling plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together. The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor

gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and re-invest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contemplating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications. I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Gross national happiness

Is frugality a measure of happiness?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make

Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking



Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

within a budget and spending less than you make.

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

Is it rude?

Feeling at home with my friend's fridge

Dear Charles the Butler: When I go to my best friend's home, I never hesitate to go into their refrigerator and help myself to get something to drink. My husband says that this is absolutely not done and is rude and I must stop. I grew up in a big family where this was normal. What do you think?



CHARLES THE BUTLER
askcharles@thebutler@metronews.ca
For more, visit charlesmacpherson.com

I'm sorry to say, but I am definitely on your husband's side on this one.

A best friend who you see all of the time is one thing, but going into their refrigerator and just helping yourself is plain wrong. What if you eat something they are preparing for dinner later that night? What if you eat something that is a leftover that they are saving for a midnight snack?

Even though my mother has never said no to me, and I haven't lived at home for the last 25 years, I still always ask if she minds if I can have something — food or beverage — from her refrigerator.

I want to make sure my mom isn't saving the food for anything.

For me, it's just a matter of politeness.

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- Nina

With your help, Nina has turned her visions into reality.
Thank you for 25 years of helping youth rise above!



Being casual with a friend's fridge is not polite. ISTOCK

NBL Canada

Rainmen add 'nasty' centre

The Halifax Rainmen have signed Antoine Tisby to address their need for a top-flight centre.

The six-foot-eight South Carolina NCAA Division I product played for the Saint John Mill Rats last season, averaging 13.4 points, 7.7 rebounds and 1.3 blocks in 27 games before leaving the National Basketball League of Canada to play in Europe.

"He's nasty — the best big guy in our league," said Rainmen owner Andre Levingston. "He's a beast. He'll make an immediate impact for us."

Levingston said there was a "mad scramble" from NBL Canada teams to sign Tisby when the Kansas City native announced he would play in North America this season.

"I'm really excited to have a guy like him," Levingston said.

Tisby isn't expected to play on the road on Thursday against the Moncton Miracles, but should debut on Saturday at the Metro Centre against the Mill Rats.

The Rainmen are 0-2 after dropping a pair of road games in Ontario on the weekend.

Elsewhere Monday, former Rainmen forward Tyrone Levett was honoured as NBL Canada player of the week on Monday. Levett, now with Moncton, scored 28 points the Miracles' 99-83 win over the Montreal Jazz on Sunday.

MATTHEW WUEST/METRO



Antoine Tisby, NBL CANADA



Team QMJHL's Jonathan Huberdeau tries to make a play against Russia in the Subway Super Series on Monday night in Blainville, Que. CANADIAN HOCKEY LEAGUE

Russia makes it 5 straight vs. QMJHL

Subway Super Series. MacKinnon is minus-four playing on top line with Huberdeau

Russia continues to have the QMJHL's number in the Subway Super Series.

Russia topped the QMJHL for a fifth straight time in the annual Canadian Hockey League under-20 all-star event, beating them 6-2 on Monday night in Blainville, Que.

First-round NHL draft picks Mikhail Grigorenko of the Buffalo Sabres and Nail Yakupov

of the Edmonton Oilers each found the net for Russia, while another first-rounder, Andrei Vasilevski of the Tampa Bay Lightning, made 31 saves in goal.

Jean-Sebastien Dea and Xavier Ouellet scored for the QMJHL, while goaltender Etienne Marcoux turned aside 21 shots in the loss.

Russia plays the QMJHL one more time on Wednesday in Val-d'Or, Que., before facing off against squads from the Ontario Hockey League and Western Hockey League in the six-game series.

Mooseheads forward Nathan MacKinnon started

Special request

Jonathan Huberdeau, a Saint John Sea Dogs star drafted third overall by the Florida Panthers in 2011, specifically requested a spot on Nathan MacKinnon's line, according to Sportsnet.

the night on the right wing of the top line with Dea, a centre, and left-winger Jonathan Huberdeau. Anthony Mantha replaced Dea on the unit later in the contest.

MacKinnon didn't find the scoresheet and finished the night with a minus-four rating,

though he was on the ice for both power-play goals.

Fellow Mooseheads forward Brent Andrews skated on the fourth line with Samuel Henley and Ryan Tesink and played a strong physical game.

Mooseheads goalie Zach Fucale was the odd man out in Team QMJHL's net on Monday, getting the night off with Marcoux starting and Francois Brassard backing him up. Fucale will play on Wednesday.

It hasn't been decided yet whether Mooseheads left-winger Jonathan Drouin, sidelined Monday with a foot injury, will play Wednesday.

MATTHEW WUEST/METRO

NHLPA source sees lots of hurdles still in talks

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: That owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing, then we have something to talk about," the player told Torstar News Service.

"We'll see. We've seen a lot of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't."

"Right now, there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

as a sign of hope.

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe something could be done without costing the



Queen's University labour lecturer George Smith. TORSTAR NEWS SERVICE

season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic."

"It's like, 'Wow, we've run out of ammunition. We better see if we can do this.'"

Donald Fehr, executive director of the NHLPA and his brother Steve, the union's special counsel, were expected in New York on Tuesday for face-to-face bargaining with representatives of the league.

TORSTAR NEWS SERVICE



Saints wide receiver Marques Colston leaps past Eagles defensive back David Sims on a touchdown reception Monday in New Orleans. BILL FEIG/THE ASSOCIATED PRESS

Saints win battle of desperate teams

NFL. Eagles squander four first-and-goal opportunities in loss, managing only two field goals in those situations

Drew Brees threw two touchdown passes, extending his NFL record streak to 51 games, and Patrick Robinson returned an interception 99 yards for a score to lead the New Orleans Saints to a much-needed win, 28-13, over Michael Vick and the reeling Philadelphia Eagles on Monday night.

The Saints (3-5) bounced back from a dismal 34-14 loss at Denver, also getting a 22-yard touchdown run from Chris

Monday Night Football

28

Saints

13

Eagles

Ivory.

Philadelphia (3-5) lost its fourth straight, which is sure to keep the heat on Vick and embattled coach Andy Reid. Vick threw a 77-yard touchdown pass to DeSean Jackson in the third quarter, but that was about the only highlight for the visiting team, which saw Vick sacked seven times.

Not that they didn't have their chances. The Eagles had first-and-goal four times and

managed only two field goals by Alex Henery. In fact, they were outscored in those situations, with Robinson going the other way for a touchdown just when it looked like Philadelphia was on the verge of scoring.

Rubbing salt in the wound, Philadelphia squandered a chance to get back in the game with a brilliant trick play on a kickoff return. Riley Cooper laid flat in the end zone, unseen by the Saints, then popped up to take a cross-field lateral from Brandon Boykin.

Cooper streaked down the sideline for an apparent touchdown. Only one problem — Boykin's lateral was actually a forward pass by about a yard, ruining the play with a penalty. Cooper stood with his hands on his hips, in disbelief, as the officials brought it back.

Philadelphia finished with 447 yards — the eighth straight team to put up more than 400 yards on the Saints. That was already the longest streak of 400-yard games given up by a defence since at least 1950, and maybe in the history of the NFL, putting New Orleans on pace to shatter the record for most yards allowed in a season.

But New Orleans came through where it mattered most, giving up a season low in points. Their previous best was a 31-24 victory over San Diego.

Philadelphia's last gasp was a fourth-down pass that Vick threw away in the back of the end zone with 7 seconds left, apparently more concerned about avoiding another pick than tacking on a meaningless TD.

THE ASSOCIATED PRESS

MLB. Ortiz hoping to be part of solution in Boston

David Ortiz got what he wanted a lot easier than he ever expected.

Ortiz, the face of the Red Sox since helping Boston end an 86-year World Series drought in 2004, finalized a \$26-million, two-year contract on Monday, a deal that could be worth up to \$30 million if he avoids another significant Achilles-tendon injury next year.

The soon-to-be 37-year-old had expressed his preference for a two-year deal the past two seasons. The club decided that keeping him and agreeing to his desire was a good first move this off-season.

"I don't think there was any doubt," he said during a Fenway Park news conference. "They approached me this year and our negotiation this year was easier than ever. They know what they were looking

Quoted



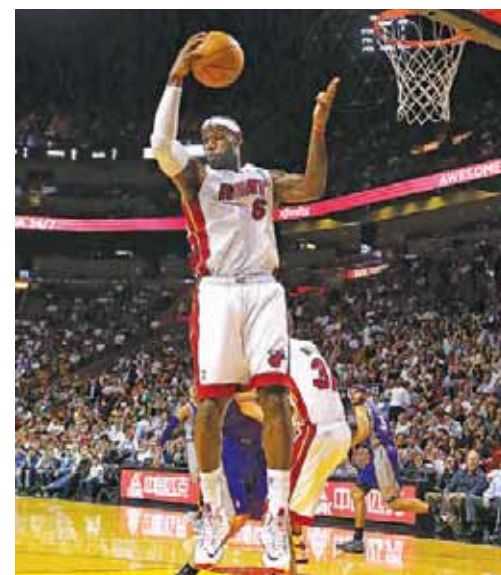
"I'm a person that likes to get prepared for a challenge.... It's very painful to see what we went through this season."

Red Sox designated hitter David Ortiz

for. There wasn't even ever a back-and-forth situation. It was pretty much, 'This is it and let's agree with it.' They know the pieces they need to put together to be successful this year."

Ortiz gets a \$1-million signing bonus payable on Jan. 15 and salaries of \$14 million next season and \$11 million in 2014.

THE ASSOCIATED PRESS



Suns can't contain Heat

Heat forward LeBron James corals a rebound against the Phoenix Suns on Monday night in Miami. James had 23 points and 11 rebounds, Dwyane Wade scored 22 and Miami won 124-99. MIKE EHLMANN/GETTY IMAGES

CFL. Legendary coach Matthews fighting cancer



Don Matthews leaves practice with the Toronto Argonauts in September 2008. TORSTAR NEWS SERVICE FILE

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

"I wish everyone well as

the 100th Grey Cup is celebrated and am sorry I will not be there with all of you as I focus, with my wife Stephanie, on my immediate battle off the field."

Matthews was a head coach for 22 seasons in the CFL between 1983 and 2008, compiling a 231-133-1 record with B.C., Toronto, Saskatchewan, Baltimore, Edmonton and Montreal.

He has won five Grey Cup rings as a coach (two with Toronto, one with B.C., Baltimore and Montreal). Matthews was inducted into the Canadian Football Hall of Fame in 2011.

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ANNOUNCEMENTS

Spiritual

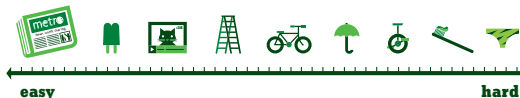
Spiritual

Nova Scotia Christadelphians
INTRODUCING BIBLE-BASED CHRISTIANITY

Visit our recent Blog Posts;
How the Bible came to be & why I believe the Bible

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www.christadelphians.ns.ca

Sharability



Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 Ares Rugs - Mint Condition
5 x 8 \$15.00
8 x 10 \$20.00
Free Delivery!!!! 902-827-2560

2 Fur Coats, one mink (with hat) & muskrat (with hat) - Sizes 12 to 14. Like New.
\$75 Each.
Call (902)404-0879

4 Rims For Sale
205/65 R155 holes.....fits Camry
\$100 OBO
902-237-9360

4 swivel Bar Stools
metal with round padded seats
\$75.00 for all 4
902-431-4516

Antique, wooden shafted golf clubs
\$40.00 each
902-453-0121

Apartment Size Freezer
Good Condition
\$125.00
902-435-1811

Approx. 300 45 records for sale. Mixed from the 60's + \$50 for all.
Call (902)445-9353

Cello
Very good shape. Only used for 1 season
\$900 OBO
902-477-7130 (LM)

Coffee table with matching end table and 1 round end table. Light color metal with glass tops.
\$250.00
902-431-4516

Computer desk with chair
3 ft x 2 ft
\$30.00 Firm!
902-463-4695

Eatonona 25 Calibur Single \$100.00
Cooley 28 Gauge Single \$100.00
902-445-3929

Electric Fireplace
46x 5ft x 18 deep
Cherry wood. Was \$899.99
Will take \$375 OBO 902-407-9735

Elliptical Exercise Machine - Moving Must Sell
Senior owned, hardly used, like new.
Asking \$100.00
902-453-4495

Four PIRELLI Winter Tires. Used for 1 season.
195-55-R15 on rim (5 bolt) - \$400 OBO
Call (902)456-4293

HIGH END CLOTHING FOR SALE
Size 14
Call for various prices
902-576-2383

Invacare Zoom 3000, Mobility Scooter
Like new. Only used a few times. Blue in color.
\$600 firm
Call (902)430-0914

pink and gold evening dress
size 12-14 **\$10.00**
902-404-0879

Print Provincial Chesterfield Rose \$100.00
Wing back chair, rose in color \$25.00
Print Provincial chesterfield and chair \$125
902-434-6747

Rifles: 22 - 3000 Savage 29A \$450.00
Lee Enfield #3 \$150.00
Cooley 22 Single \$75.00
902-445-3929

Simon G Rubellite Oval Tourmaline Ring
Like New. Part of current collection.
Purchased at Touch of Gold for \$3600.
Selling for \$1200. Call 902-402-9348

Trunk/Coffee Table, Spode Cup & Saucers
Designer Top Table -Ashley
Call for prices
902-576-2383

Two black denim Harley Davidson pants.
Sizes 36x30, 34x30. \$30 Each
Harley Davidson belt & buckle. 30" waist. \$30
Call (902)449-2864

Various water and oil paintings
By local artist
Priced to sell. 902-404-0879

Wanted old china, glass, old toys, jewelry etc.
Please call 902-455-9060

Wanted old estate jewelry, costume jewelry and watches
(902)443-6014

MISCELLANEOUS

Miscellaneous

WANTED: People with Hair!
Dye, cut, or buzz your hair for sick kids. Participate in the 2012 Make-A-Wish Hair Challenge. Promote your commitment to friends, colleagues, and relatives. Gather pledges. On November 10th at the Halifax Shopping Centre, cut your hair. Concepts School of Cosmetology is offering men's or boy's cuts for only \$20 with all proceeds going to Make-A-Wish. Help make dreams come true!

Find out more at www.hairchallenge.ca or phone Melissa at 466-9474.

Tired of going to the cottage?

Place your ad in Metro classifieds
metroclassifieds.ca | 1 800 527-6767

metronews

CANADA'S FIRST NEWS APP* IN NEWSSTAND

Now available for iPad, iPhone and iPod touch!

LOOKING TO MAKE A CAREER CHANGE?
Read **metro**work every Monday & Wednesday.

Horoscopes

Aries

March 21 - April 20

You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus

April 21 - May 21

As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini

May 22 - June 21

Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer

June 22 - July 23

You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo

July 24 - Aug. 23

You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo

Aug. 24 - Sept. 23

You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra

Sept. 24 - Oct. 23

As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio

Oct. 24 - Nov. 22

This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius

Nov. 23 - Dec. 21

You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn

Dec. 22 - Jan. 20

Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

Aquarius

Jan. 21 - Feb. 19

Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces

Feb. 20 - March 20

You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

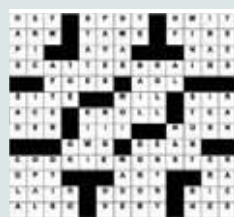
Across

1. The — in the Hat
4. Swiss mountain
7. Dull throb
11. Computer geek
13. Hawaiian garland
14. One who accomplishes
15. Actor or actress
17. Participated in a marathon
18. — and fro
19. Easel boards
22. Corn and Maple
26. Hospital waiting room (abbr.)
27. — Haw
28. Deal — No Deal
30. Railing post
34. Guido's high note (2 words)
35. Put into office
37. Honest President
38. Assign
40. Courtroom figure
41. Tennis and volleyball apparatus
42. Ready — Not
43. Things of value
46. Theatre passageways
50. — Elsewhere
51. Heir, often
52. Family photos
58. This weighs — (2 words)
60. High card
61. Femur or ulna
62. Cat and dog feet
63. Born
65. Spelling competition

Down

1. Use a knife
2. Fireplace residue
3. Golf gadget
4. MacGraw of "Love Story"
5. Flowery meadow
6. — and needles
7. Commercial
8. Summer veggie
9. — of the Class
10. Sea eagles
12. Letters between Q and V
16. Coke and Pepsi
20. Camping equipment
21. — You Afraid of the Dark?
22. New York stadium
23. Puppy noises
24. Gather
25. Sun God
29. Autumn colour
31. Fade
32. Aid in a crime
33. — Make a Deal
35. Fictional Jane
36. Canadian Automobile Association (abbr.)
39. Computer lingo
44. Supersonic jet
45. Ticket receipt
46. PDQ
47. Small tiny amount
48. Sub-zero precipitation
49. Reach
53. Drink cooler
54. Average grade
55. Pilfer
56. Compass bearing
57. Eye
59. Canadian province (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	8	4	1	7	3	5	9	6
5	3	1	6	8	9	7	2	4
6	9	7	4	2	5	3	8	1
3	2	8	9	6	1	4	7	5
7	5	6	3	4	8	2	1	9
1	4	9	7	5	2	8	6	3
8	6	3	2	1	4	9	5	7
9	1	2	5	3	7	6	4	8
4	7	5	8	9	6	1	3	2

8		4		5				
			9				4	
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
	3				8			
				1		6		3

Today

3°/-2°
Partly cloudy

Wednesday

6°/4°
Mainly sunny

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Check your local listings for details.

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2013 SORENTO



ELECTRONIC STABILITY CONTROL



BLUETOOTH CONNECTIVITY*

Sorento SX shown⁺

OWN IT FROM
\$158⁺
BI-WEEKLY

WITH
\$0
DOWN

AT
1.49%
APR

FOR UP TO
60
MONTHS

INCLUDES
EVERYBODY WINS⁺
\$1,000



TO THE 2013 SORENTO LX AT AWD:

FOR AN EXTRA
\$11⁺
BI-WEEKLY

WINTER READY
FEATURE:
AWD ALL-WHEEL
DRIVE

INCLUDES
EVERYBODY WINS⁺
\$1,000



bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$8,070 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829, **\$500 LOAN SAVINGS⁺** and **\$1,000 EVERYBODY WINS SAVINGS⁺** BASED ON A PURCHASE PRICE OF \$28,724. Offer based on 2013 Sorento LX AT.



7 PASSENGER SEATING AVAILABLE

2012 RONDO

Rondo EX-V6 Luxury shown⁺

WAS
~~**\$22,824**~~

SALE PRICE
\$16,574⁺

INCLUDES
EVERYBODY WINS⁺
\$1,000



Offer includes delivery, destination, PPSA and fees of \$1,829, **\$5,250 CASH SAVINGS⁺** and **\$1,000 EVERYBODY WINS SAVINGS⁺** BASED ON A PURCHASE PRICE OF \$22,824. Offer and features based on 2012 Rondo LX with AC.



2013 FORTE SEDAN

Forte SX shown⁺

OWN IT FROM
\$91⁺
BI-WEEKLY

WITH
\$0
DOWN

AT
0.9%
APR

FOR UP TO
60
MONTHS

INCLUDES
EVERYBODY WINS⁺
\$1,000



STEERING WHEEL AUDIO CONTROL



BLUETOOTH CONNECTIVITY*

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$4,683 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,534, **\$500 LOAN SAVINGS⁺** and **\$1,000 EVERYBODY WINS SAVINGS⁺** BASED ON A PURCHASE PRICE OF \$17,529. Offer based on 2013 Forte Sedan LX MT.



WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

KIA ENTERS THE TOP 100 GLOBAL BRANDS.

Best Global Brands 2012
Interbrand



Military Benefit
First Time Buyer
Grad Rebate

see dealer for details



The Power to Surprise

LIKE US ON TO LEARN MORE.
facebook.com/kiacanada 127,000+ Likes



Atlantic **Kia** dealers for Atlantic drivers.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by November 30th, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Rio5 LX MT (R0550) based on a selling price of \$15,729 (includes \$1,000 Everybody Wins savings, delivery and destination fees (\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable)) financed at 0% APR for 36 months. 78 bi-weekly payments equal \$189 per payment with a down payment/equivalent trade of \$0. License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *Every eligible contestant will win (subject to correctly answering a skill-testing question) an Instant Win prize consisting of a discount in an amount from \$1,000 to \$10,000 towards the purchase or lease of any new 2012 or 2013 Kia vehicle. One Grand Prize consisting of a \$25,000 cheque will be randomly awarded from among all eligible contestants at the conclusion of the contest. No purchase necessary. Contest open to Canadian residents with a valid driver's license over the age of majority. Odds of winning vary by prize and by region. See kia.ca or your participating Kia dealer for complete contest rules. **Bi-weekly finance payment (on approved credit) for new 2013 Sorento LX AT (SR7580)/2013 Sorento LX AWD (SR7580)/2013 Forte Sedan LX MT (F05400) based on a selling price of \$28,724/\$30,624/\$17,529 is \$158/\$169/\$91 with an APR of 1.49%/1.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,070/\$8,633/\$4,683 plus applicable taxes due at end of 60-month period. Offer includes a down payment of \$0, \$1,000 Everybody Wins savings, \$500 loan savings, delivery and destination fees (\$1,650/\$1,650/\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *Loan savings for 2013 Sorento LX AT (SR7580)/2013 Sorento LX AWD (SR7580)/2013 Forte Sedan LX MT (F05400) is \$500 and is available on purchase financing only on approved credit. Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. *Cash purchase price for 2012 Rondo LX with AC (RNV500) is \$16,574 and includes a cash savings of \$5,250 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers) and \$1,000 Everybody Wins savings. Includes delivery and destination fees of \$1,650, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Based on the Manufacturer Suggested Retail Price of \$22,824. Retailer may sell for less. Available at participating dealers. See dealer for full details. **\$5,250 cash savings on the cash purchase of an eligible new 2012 Rondo LX with AC (RNV500) from a participating dealer between November 1 - November 30, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. *Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD (SR7300)/2013 Forte SX Luxury AT (F04000)/2012 Rondo EX V6 Luxury (RNV590) is \$45,045/\$27,350/\$28,945. Includes delivery and destination fees of \$1,650/\$1,455/\$1,650 and A/C charge (\$100, where applicable). License, insurance, applicable taxes, PPSA, other fees and certain levies (including tire levies), variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. The First Time Vehicle Buyer Program offer is available on approved credit to eligible retail customers who finance a select new 2012/2013 Rio 4 door, 2012/2013 Rio 5 door, 2012/2013 Forte Sedan, 2012/2013 Forte Coupe, or 2012/2013 Soul. Eligible purchase finance customers will receive a credit in the amount of five hundred dollars towards the purchase of their new vehicle. Some conditions apply. See your dealer for complete details. Offer ends January 2nd, 2013. *The "Bluetooth" word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.